

GOVERNOR ENGLER HAS DECLARED MAY 29TH AS HEAT AWARENESS DAY IN MICHIGAN

Tolls of Extreme Heat

- Heat kills by taxing the human body beyond its abilities.
- 175 people succumb to the demands of heat on an annual basis.
- In the disastrous heat wave of 1980, across the nation more than 1,250 people died.

Contributing Factors

- Stagnant air conditions in cities add the stress of pollution.
- Sunburn can significantly retard the skin's ability to shed excess heat.
- Alcohol and certain medications can limit the ability to remove excess heat.

What to Look For

- Excessive Heat Outlooks from the Climate Prediction Center - available on the web at <http://www.cpc.ncep.noaa.gov/products/forecasts>.
- National Weather Service (NWS) **heat advisories** and **excessive heat warnings**.
- NWS forecasts which headline advisories and warnings.

Heat Advisory – Issued when the Heat Index (HI), which combines the effects of high temperatures and relative humidity, is expected to be at least 105° for 3 hours or more.

Excessive Heat Warning – Issued when the HI is expected to be at least 115° for 3 hours or more.

Actions to Prevent Heat Disorders

- Drink plenty of water.
- Slow down – Reduce, reschedule, or eliminate strenuous activity.
- Dress for the heat – Wear lightweight, light-colored clothing.
- Do not get too much sun.

First Aid for Heat Disorders

Heat Disorder Sunburn

Symptoms
Redness and pain. Swelling of skin, blisters, fever, and headaches.

First Aid
Ointments or a dry sterile dressing. Severe cases should be seen by physician.

Heat Cramps

Painful spasms of muscles. Heavy sweating.

Firm pressure on muscles, or gentle massage. Give sips of water. If nausea occurs, discontinue use.

Heat Exhaustion

Heavy sweating, weakness, skin cold, pale, and clammy. Thready pulse. Fainting and vomiting.

Get victim out of sun. Lay down and loosen clothing. Apply cool wet cloth. Give sips of water, unless nausea occurs. If vomiting continues, seek medical attention.

Heat Stroke

High body temperature (106° or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.

Summon emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath or sponging. Do not give fluids.



NWS Contacts

Mike Heathfield
NWS Grand Rapids MI
(616) 949-0643 x726
<http://www.crh.noaa.gov/grr>

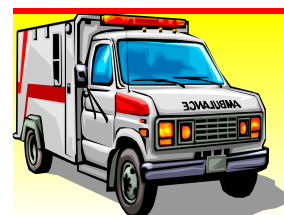
Robin Turner
NWS Marquette MI
(906) 475-5782 x726
<http://www.crh.noaa.gov/mqt>

Brian Hirsch
NWS Northern Lower MI
(989) 731-3384 x726
<http://www.crh.noaa.gov/apx>

Richard Pollman
NWS White Lake MI
(248) 625-3309 x726
<http://www.crh.noaa.gov/dtx>

Steven Eddy
NWS Northern IN
(574) 834-1104 x726
<http://www.crh.noaa.gov/iwx>

Additional heat awareness information available at the following web site:
<http://www.nws.noaa.gov/om/heat/index.shtml>.



Michigan Committee for Severe Weather Awareness
 c/o Michigan State Police EMD
 4000 Collins Road
 Lansing, MI 48909-8136



Provided by National Weather Service offices serving Michigan
 and the Michigan Committee for Severe Weather Awareness



Heat Index Chart

